

Inside Home.

● Stands near crease, paired with point.
Should entice point away to let other attackers shoot.

Should be ready to pick up ball stopped by goal.

Outside Home.

Paired with cover point.

Most important attacker.

Takes place of I. Home when latter follows his opponent.

1st, 2nd, 3rd Attack.

● Push ball to Home men.

2nd + 3rd seldom shoot.

Try to keep ball in centre of field.

Centre.

Drums ball.

Helped by 5th attack + 3rd defense.

Point.

Is defense man, stands near goal-keeper.

Paired with Inside Home.

Keep ball away from goal.

Take place of goal.

Cover point.

● Paired with outside Home.

Keeps ball away from goal.

1st, 2nd, 3rd Defense. - Seldom shoot.

Help push ball to attackers.

3rd defense aids centre.

Defense wing.

Fastest player on field.

Two main duties

1) Mark her own attack wing.

2) Interchange with her own C. P.

Must be well up field, speedy, to get back on her man & back to interchange. Good interception & anticipation.

Able to broadcheck opponent so that she is forced to pass.

During this defense on other wing should have got back, ready to interchange when cover-point has to go off.

If ball comes down the centre both defence wings must be ready to go in onto free man. This means a quick decision as 2nd H. may only draw out at last moment.

At the centre draw, the defence wing should be with her opponent & get ball first.

3rd Man.

Holds a most important position.

Should have initiative, speed, good interception & footwork & knowledge of game. Her duty is to break up attack & start her own team on an attacking movement.

Her marking, not so close as cover-point but must always be within reach of her man.

Must take oncoming man but must

not come off too soon.

Must be ready to get back to help her own defense.

Cover-point

A steady reliable player, keeps her head in emergency & quickly destroys confidence of attacks by marking them feel they can neither run through or get away from her.

Must tackle oncoming player at right moment, must mark own opponent as long as possible, so that defense wing can get back to take her place.

When in possession of ball, must get it up to attacks as soon as possible.

Pivot of defense, so marks in with defense wings, 2nd man & centre.

Point

Marks, 2nd home. She is good at body-checking & absolute at marking & preventing her man from shooting.

Sticks to her man & let defense wing take 2nd home if C. P. goes off.

Must be ready to tackle any player who has outpaced other players & is making for goal.

Stick-handling & body-turning good & speed gathered quickly & give accurate long passes to her own attacks.

Point should never crowd on her own goal, but when goal goes out, she

must take her place.

Goal-keeper.

Requires as much good stickwork as any other player on field.

Must be able to catch in any position in a limited space.

Ball must be got right in crosse, + not flick ball in air.

Must have long accurate clear shot, must watch game closely, + get her body + crosse in line with every ball.

Must sum up opponent's play quickly. Clear should go to wings, never just in front of goal.

Watchers, at home carefully, as she can often save goal by tackling when painters been drawn off.

Progression with children.

- 1) Show groups a lacrosse stick + if small don't tell them all points. Impress certain points (ball never on ground)
- 2) Put stick in child's hand to see if holding correctly.
- 3) Show cradling action, individually.
- 4) Picking ball up from ground.
- 5) Throwing the ball, underarm right + left + over the shoulder.
- 6) Play + practice games.
- 7) Dodging.
- 8) Tackling.
- 9) The draw.
- 43 10) Places on the field.

11. General rules of net game.
12. Gradually progress to game work.

- 1) Outdoor running game (posture good)
- 2) Player has own territory + functions.
- 3) Rules are few, primarily personal contact element.
- 4) Similar to other games, field & ice hockey + basketball.

Field same as hockey.

12 yd. centre circle, 12 ft. crease.

$\frac{1}{2}$ half-time 10 minutes each.

Games - Preliminary.

x o

x o

x o

x throws ball + x picks it up on the run.

x x x
x x x
x x x

Players cradle on both right & left sides.

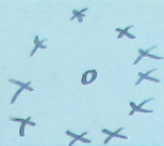
x o x

x dodges o by a right & left pivot.

x o

x pass o cradling + dodging.

Players run up field. On whistle turn right & left on run.



o throws ball to players. All throws off
 mood of cross. All kinds of throws.

x o

x + o run up in turns. Practise cradling &
 passing.

o

x
 x
 x
 x

All plays on run. o passes to x. x
 passes to 2nd x on the run.

o

x

Passes on the run. Run in a small circle.

o o o o o

x

x

x + x are passing. o try to intercept passes.
 Balls on fly & on ground.

Choice of Lacrosse Equipment.

Light & balanced. Held in one hand.

Balanced at the collar.

Angle - practically at a right angle.

Guard - strong

Head - clock gut, threaded with hide strings.

Handle - about 27" from butt to collar.

Case - loosen main leading string to release
 strain

45 - hang by angle.

Base stick

Balls - not less than $7\frac{3}{4}$ " & not more than 8"

India rubber sponge with good bounce.

Goalkeeper's pads - like catcher's body protector.

Sticks \$5.75 - 7.50. Balls 50¢

Gloves \$15.00 - 20.00. Nets \$10 - 17.00.

LACROSSE

History of Lacrosse.

The game of lacrosse or "ball-play" as it was known among the Indians, dates back for centuries. The manner of playing this game was similar among tribes separated by thousands of miles. Ball-play was considered a serious undertaking & therefore it was necessary to consult with the spirits & to invoke their aid; so that the game partook of the nature of a religious rite. Whole tribes took part in the contest & a full night & day were occupied in the game itself.

The night before the match, each tribe left its encampment after dark, all the men attired in a loin cloth & a belt, having attached a tail made either of horse hair or of prairie grass, & carrying in his hands two curious looking sticks. The decorations & designs painted upon their swarthy, naked bodies, showed wild & strange in the flickering light of the torches which the squaws carried. Each band slowly & solemnly approached its own goal or "hug", as it was known; & with hands & sticks raised, incited the goal to the accompaniment of a song chant.

At the centre of the straight line, which extended from one goal to the other, a small fire was built, around which four medicine men, who were to supervise the play, sat & solemnly smoked. Now & then they would invoke the counsel

of the spirits, & pray that their decision might be honest in matters of contention, during the coming match. On either side of this dividing line stood the squaws, who did not dare cross it. They danced in solemn unison to the chant of the braves; each one carried in her hand a switch with which to urge on her lad & master in the struggle to come. This proceeding was repeated three or four times each hour during the entire night, no food being tasted.

Betting upon the result of the game was universal & the stakes consisted of every imaginable article - ponies, saddles, arms, beads, fire-water & sometimes the entire possessions of the players. After the dances & urges were over the game began.

Some of the players grouped themselves around either goal, while another group surrounded the four medicine men at the centre of the field. This centre group at a certain signal threw the ball up into the air & as it fell, the players began to struggle to secure it. It is not definitely stated just what matters the four medicine men were called upon to decide for there were apparently no fouls. Tripping was rewarded often by speedily securing the ball & no play was too rough. The players pounding each other over the head, were encouraged by the approving shouts of

the spectators. If any man began to grow weary, he should try to rest, his squaw pursued him in his chase after the ball & urged him onto greater effort by vigorous lashing over the head & shoulders with the switch she carried. She would always remind him that defeat meant the loss of all his possessions.

Whenever a goal was scored the game was again begun as before & scarcely a minute was devoted to rest. One hundred goals constituted a game & the side first making ninety-five had the privilege of raising the limit, as it were, so that the game often occupied the entire day. So seriously was a defeat taken to heart, that often a warrior would take his own life rather than face the decision of his people. There were men whose ambition was neither for the chase nor for the battle, but only to be considered invincible at ball play.

Lacrosse, now the Canadian national game, as at first adopted by the white man dates from about 1850.

It is almost everywhere accepted that Dr. George Burr, a native of Montreal, was the first to attempt to accomplish his task. To him belongs the credit of reducing to a scientific & popular game this Indian struggle. At first, as might be expected the Indian



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